

CLAY DALRYMPLE'S

BASEBALL TIPS

YOURS THROUGH
COURTESY OF YOUR

Bond
BREAD

BAKERS



big league tips to improve your game

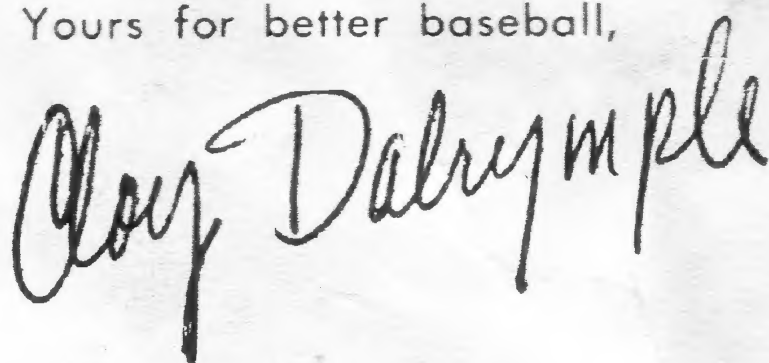
Fellas:

Here are some baseball tips which will help to improve your game. Baseball, like most other active sports, requires a certain amount of mental activity as well as physical conditioning. A good knowledge of the game as well as specific know-how for your chosen position will help your over-all game.

Also included in this booklet are tips on the things every player must do well—hitting, running the base-paths, following the signals, etc.; as well as hints on how to play a given position.

Don't depend on books or tips alone to become a better player. In baseball, as in every other sport, **PRAC-TICE PAYS OFF!**

Yours for better baseball,

A handwritten signature in cursive script that reads "Clay Dalrymple". The signature is written in dark ink and is positioned below the typed name "Clay Dalrymple".

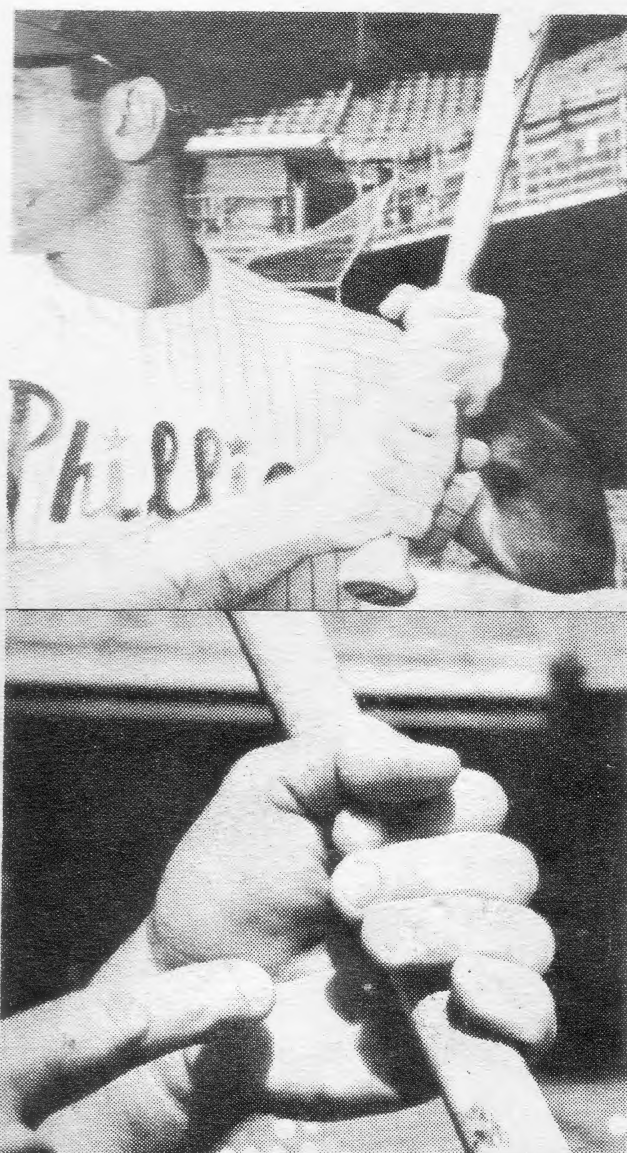
HITTING

A batter's job is to meet the ball, not to try to knock the cover off of it. The hitter who can place his hits is very valuable to his team. He must be able to hit high pitches . . . low pitches . . . and inside and outside pitches as well.

A switch hitter (one who bats either left or right handed) is extra valuable as it is always possible for him to hit from the left side where he has a double advantage: He is a step closer to first base, and his swing automatically carries him in that direction. That single step can mean the difference between being safe instead of out.

The bat should be held with the trademark up to avoid cracking it. Each individual is different. Some choke the bat, while others hold it on the extreme end. However, most hitters line the knuckles up to receive more wrist action.

The top hand is mostly the guide hand, with the bottom hand being the power hand. Notice how the bat lies in the fingers. This is to receive more snap. When the pitch is delivered, the hand will close automatically while swinging and the bat goes forward.



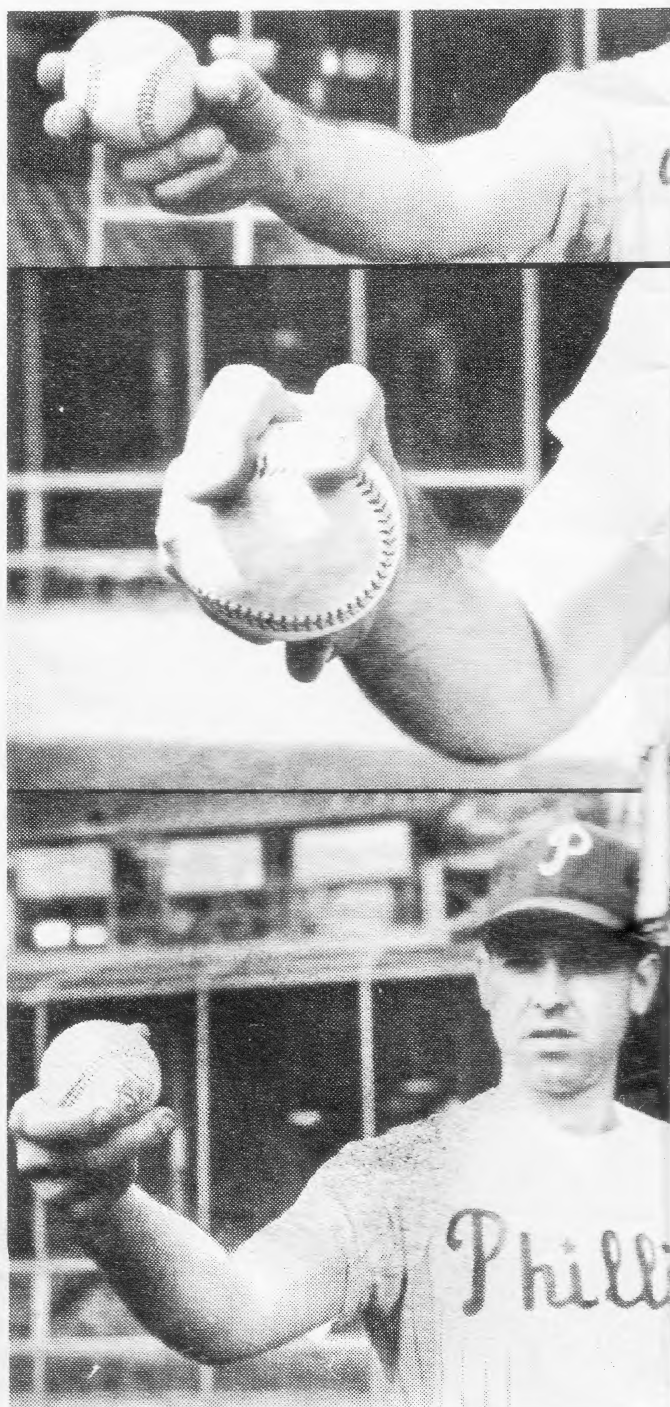
PITCHING

The first thing a pitcher must learn is good control. Over and over again, the pitcher is required to get the pitch into the strike zone. After a pitcher has acquired good control, he can concentrate on the basic pitches and on placement in the strike zone, (inside, outside, waist pitch, etc.) Also he must learn correct fielding and the handling of bunts and other short hits.

Proper grip for the "fast ball:" This pitch doesn't spin or "move" much but can be thrown harder and is the pitch that is the most commonly used.

The "curve ball:" Note how the ball comes off the index finger and forefinger; the wrist is bent in the picture to demonstrate snap and how the ball is released to impart the necessary spin. Also notice that after the ball is released all four seams will be working against air currents.

Slider: This is not a good pitch for youngsters, as it is very hard on the arm. A slider gives the hitter the impression that the pitch is a fast ball. Actually it "breaks" several inches flat across the plate. As most young players are not experienced enough to determine the difference between the fast ball and the slider, this pitch is of no use to the younger player.



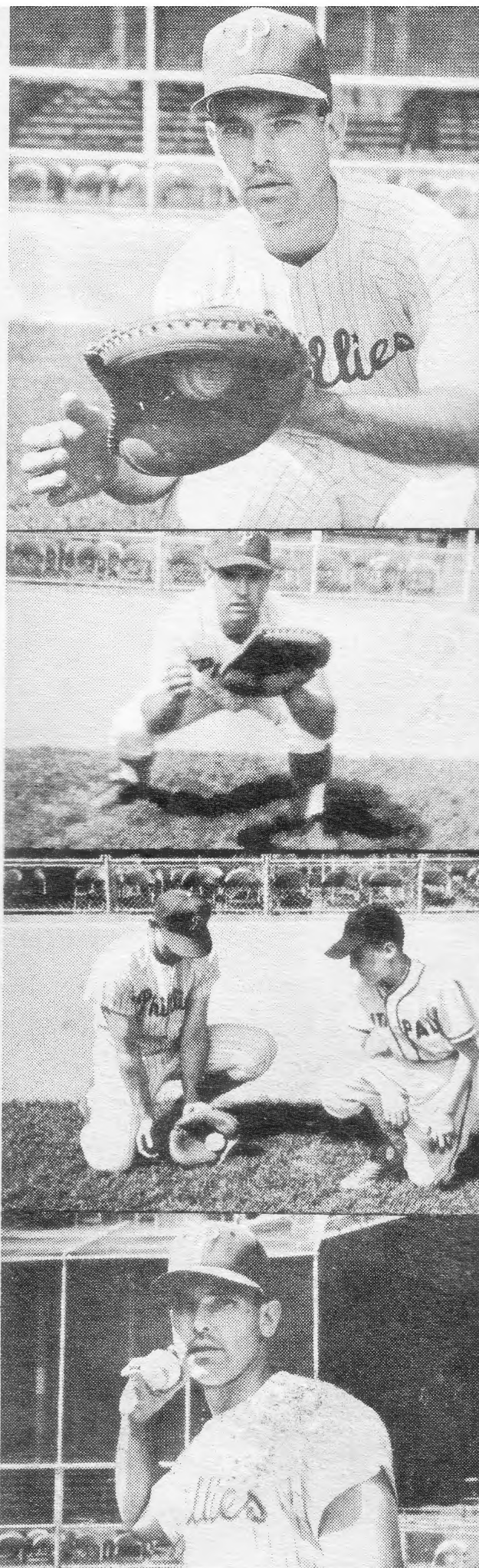
CATCHING

The catcher, in one sense, is the most important player on the team because from his position he is able to see and direct the actions of the other players. Also, he is most able to study the opposing team at close range and make strategy to be used against them.

Proper stance to use when receiving a pitch with runners on base: Weight is balanced with right leg back ready to shift into position for blocking a low pitch or for coming up and throwing quickly.

Here Clay demonstrates to little leaguer—correct way of blocking low pitch. The body is held straight toward the pitcher with arms in close to make a "cup" of the chest area. If the ball hits here, it will always bounce in front of you.

How to throw: The proper throw should start behind the ear and come as nearly overhand as possible. This is a quicker way to "peg" the ball. Also, the ball will travel in a straighter line to its target.



UMPIRES



Most baseball games have two or more umpires, with the umpire-in-chief behind the catcher. This official calls the strikes and balls and usually decides whether a ball has been hit fair or foul. He calls all plays at the plate so he is often called the "plate" umpire. Sometimes he handles decisions at third base when the field umpire is busy watching another runner. He also is responsible for "the infield fly rule" and other technical rulings.

The field umpires call the plays at the bases, and are sometimes termed the "base umpires." They are responsible for the action that takes place on the base paths and on the infield and outfield. Sometimes the field umpire gets in the game himself, as when he is hit by a batted ball in fair territory. When this happens, the batter is safe on first, but the other runners advance only if forced, which they do automatically.

MANAGERS, COACHES, ETC.

The managers are the "brains" behind the team. They are responsible for running a ball club on the field. They give signals from the bench, decide whether or not to relieve a pitcher, are responsible for the correct line-up and listing the batting order, and all other team decisions.

The coaches report to the manager. They relay the managers signals, (as well as giving their own). Each team has its own batting and runner signals. Also coaches are responsible for guiding runners in the midst of a particular play.



This could be a secret signal calling for a steal by the runner on first.



This signal would not be a secret one, but merely tells the runner it's safe to come in!

Signals are important for heads-up team play, every player should be able to recognize his team's signals at a glance, because the coaches know a great deal more of what to look for on the baseball diamond than the average player.

FIELDING TIPS

DOUBLE PLAYS

Speedy pick-ups and fast throws are extremely important. Split seconds count here! The man covering second base must have his hands ready to throw before he reaches the bag so he acts as a target for the player fielding the ball so he can speedup the relay to first base. The man on second touches the bag with his right foot, and throws to first while wheeling backward onto his left foot, or he touches the bag with his left foot and steps back on to his right foot to make the throw. In any case, he should be away from the bag before the runner slides in. Otherwise, the impact of the slide might throw him off balance, breaking up the double play.

STEALS

The second baseman and shortstop agree, before each play, which is to cover second base in case a runner attempts a steal from first. If the shortstop covers, the second baseman should back-up the throw and vice versa.

PICKOFFS

Be alert for the quick "pickoff" throws from the pitcher or catcher. The tag should be a quick back-sweep to nip the runner as he slides into the bag. Always make sure that you have caught the ball first before trying to tag the runner.



FIELDING TIPS CONT'D

BUNTS

With a runner on second base, the first baseman usually plays close to the infield grass to field a bunt. This is true, also, with a runner on second. He scoops up the bunt and can usually nip the advancing runner. Here a left-handed first baseman has a throwing advantage.

POP-UPS AND HIGH FOUL BALLS

Whoever is in the best position should **call for the catch** and then be sure to try for it. Drop-in hits, because of confusion on pop-ups, have won many a ball game.

All infielders should be alert to cover bases to take a cut off throw, doubling players off base.

The shortstop should learn to "charge" the hits whenever possible. More balls are hit to the shortstop than to any other player. He should be fast, and have a strong arm to make the necessary long throws to the first baseman.

Third basemen should know this: with a runner trapped between third and home the third baseman should throw the ball to the catcher as soon as possible so the catcher can chase the runner back to third for the put-out. The third baseman can handle throws with his lighter glove better than the catcher can with his larger mitt. Then, in case of an error, the runner will be back at third instead of scoring a run.



THE OUTFIELD



The outfielders main job is to catch fly balls. Most fly balls can be caught at shoulder level but sometimes short flies and line drives must be taken at the waist or even with a "shoe-string" catch. High fly balls can be caught by backing up, but the longer hit should be taken over the shoulder while on the move.

A good outfielder tries to catch the ball in the correct position for throwing either to homeplate or to a base before the runner can advance or get back to it.

Often an outfielder must play hard hit ground balls and "hoppers." These should be blocked to be played safely. There is no one behind the outfielder to "back him up."

Of the three outfielders the center fielder needs the most speed and the best throwing arm as he covers the most territory.

Normally for a right hand batter the outfield shifts left. And for a "pull hitter" or slow-speed pitcher, it shifts even more to the left. For a left hand hitter the outfield shifts right.

Also part of the outfielders job is to back-up hits and throws to any of the infielders. Speed, judgement, and good throwing abilities are the hallmarks of good outfielders.

THE INFIELD

The infield players must be active and alert—especially the second baseman and shortstop. The second baseman has more ground to cover and the shortstop has the longest throws to first base. A wasted second here can mean a runner safe at first. A tall first baseman makes a bigger target and has a longer reach—and is preferred—although he too must be quick and know his job well. Third base is called the “hot corner” due to the fiery speed with which balls are hit there. The third baseman must be good at hard drives and have quick hands for the throw to first base. He must also be good at scooping up bunts and soft hits. All of the infield must be good at sizing-up the opposing batters for correct fielding positions.

The fielders weight should be evenly distributed and ready to go right or left. As the hitter swings at the ball the fielder by this time would have gone to the balls of his feet for quicker reactions.

After the ball is hit and the fielder is in position, the glove should go to the ground before the ball arrives. This keeps the ball from hitting the ground and going under the fielders glove. Remember it's easier to bring your glove up than to place it down.

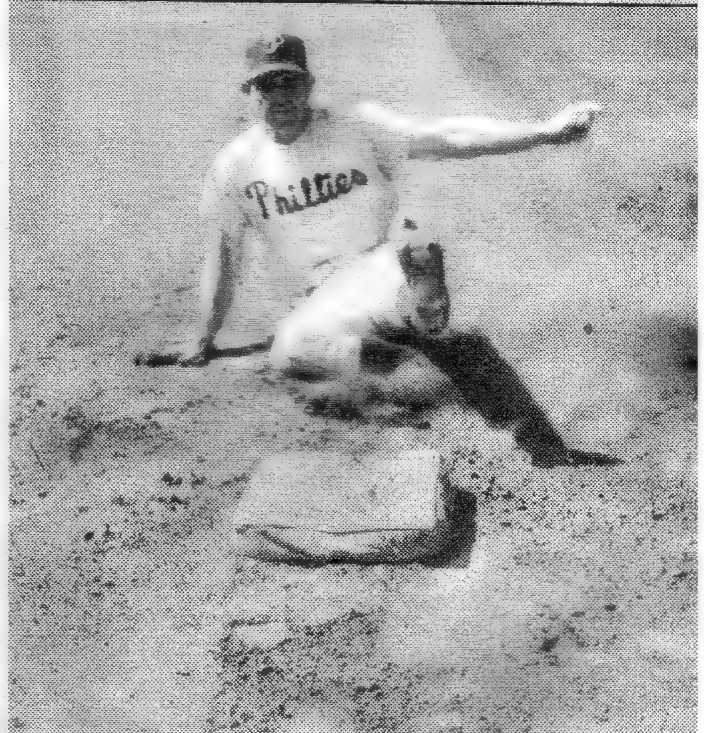


STEALING—SLIDING ETC.

The first move is with the hips and the first step is with the **left** foot. The right foot swivels while the hips are turning. If the first step is taken with the right foot, only one-half step can be taken—thus losing one-half step.

Hook slides seem to be very popular among major leaguers, especially when the play is close. Hook slides can be done to either the right or left depending upon which side the throw is coming from. Naturally you slide on the opposite side. The body should be relaxed with only the head off the ground.

Most of the sliding is done on the "shin" or from knee to ankle. The body does not go down like in the hook slide. Forward momentum with slight help from the hand will bring you right back onto the feet. This is an excellent slide and not so difficult to execute as the hook slide. The head-first slide is also useful when diving back into first base but may be dangerous to the slider's head and hands.



TRAINING, GOOD SPORTSMANSHIP, HEALTH

Most people need 8 hours of sleep. Be sure you get plenty of sleep at night. Good eyesight is naturally very important. Take care of your eyes. If you need glasses, get them. Proper exercise develops muscles. Take part in all the sports you can. Good basic foods build strong bodies. Be sure to eat plenty of enriched Bond Bread, milk, vegetables, and other nutritious foods. A clean body is a healthy body. Bathe regularly. Wash hands and face often.

1. The umpire's job is enforcing the rules. Abide by his decisions even though you may disagree, for without the umpires, there would be no ball games.
2. Razzing the opposing team is poor sportsmanship. Always respect the opposition.
3. Never play the game half way. Always do your best whether winning or losing.
4. Baseball is a sport. Never lose sight of this, or allow the urge to win to cause an injury.
5. Listen to your manager and coaches. They know baseball and will give you the help you need to learn the game.
6. A good sport is always admired by everyone. Win or lose, he does his best and enjoys the game.



BUNTING

Here the left hand is the guide hand. Slide the other hand down to about the bat's label. The bat should be held loosely so that when hit the ball will fall "dead" with little or no ball action. The right hand is the guide for hitting down the first or third base line .

Here I am demonstrating how a right handed hitter would drag a bunt down the third base line. The back foot drops back for a push off toward first. Again the right hand should be loose with the left hand guiding.

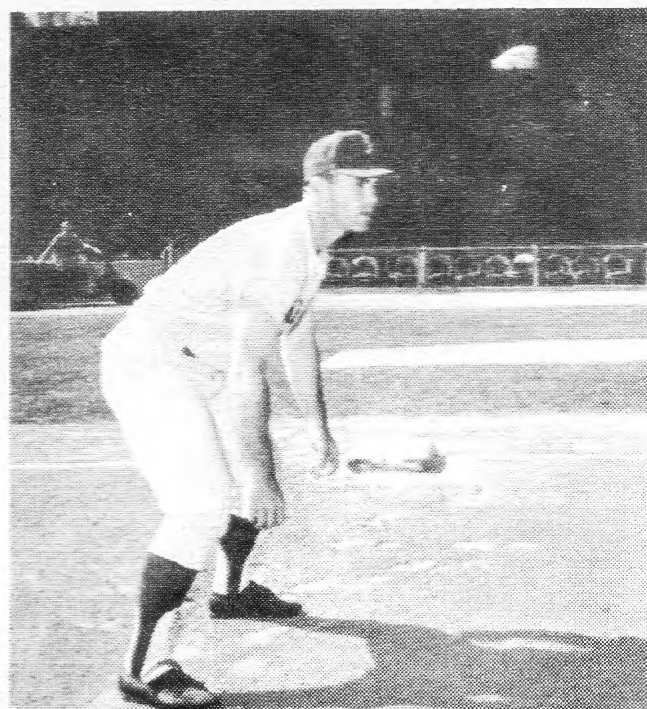
Every bunt should take place with the ball meeting the bat within the last two inches of wood. This is so that after being bunted the ball will not go very far.



RUNNING

I am not fast, so it's all the more reason why I should get the good lead I will need to gain that extra step in case of a base hit. The lead one takes depends upon the individual's own speed.

This picture shows a safe distance away from base while the pitcher is standing on the rubber. This lead should be no further than what the shortstop or second baseman will allow.



After the pitcher has committed himself toward the plate, the lead should be increased by three to five steps. Again depending upon the throwing ability of the catcher, your quickness as a runner, and how important your run is—for example—if you are the tying run, don't get picked off. The lead shown here is a safe lead at first depending on the pitcher's pick-off ability.



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